



Serves: 4

Asparagus Gratin Topped With Poached Egg

Ingredients

- Green Asparagus 300g
- Quail eggs 8
- Parmesan cheese, grated 40g
- Vinegar (1 tbsp to add to water for poaching eggs) 2 tbsp

Tips:

- Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Cook and serve vegetables just before eating to retain their maximum nutrient value.
- Fruits and vegetables are low in sodium and high in potassium. They help maintain a healthy blood pressure.

Method

- Boil asparagus for 10 minutes.
- In a bowl, add a few drops of vinegar over low boiling water. Then break an egg and gently add it to the water.
- When the egg white is cooked, remove and set aside.
- Place the asparagus on a baking tray and sprinkle with Parmesan cheese. Bake in the oven at 200°C for 5 minutes.
- Serve the asparagus with poached egg on top.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 89.0kcal

Protein 7.9g

Total fat (g and % of total calories) 4.9g (49.8%)

Saturated fat 2.4g

Cholesterol 161mg

Carbohydrate 3.1g

Dietary Fibre 1.7g

Sodium 354mg